

# Lifeline Weekly

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COMING UP in the  
July Lifeline, the  
personal shares of  
"Generally Speaking."

## How Beautifully the Sun Shines Here

I am a compulsive overeater and an authority on how it feels to weigh 300 pounds (136 kg) at five feet ten inches (178 cm) tall. I was a wife and mother, but I felt barely human and barely a woman. Every excess pound carried an old wound and hatred for myself and others. Trapped in a wall of fat, I overate day after day. How I cried in despair, "What have I done to deserve this? God, please help me. Let me eat, but don't let me get fatter."

Then came the day when one of the few people I talked to said, "I've heard of a group called Overeaters Anonymous. Will you come with me?"

"Of course," I said, never believing we would go. But we did and hope was reborn. I found friends, open hearts, a sponsor, and serenity. I found a new me—someone nice, good, and lovable. I lost 80 pounds (36 kg) and gained a new perspective on life.

I started working as a grocery store cashier. Some may wonder about a compulsive overeater in a food store, but it was job that let me face the public with a smile. I loved it, and my weight came down 43 more pounds (20 kg).

Because of OA, I have dreamed dreams that have come true. I have found a healing program and a way to deal with troubles, pain, and the stress of everyday pressures. My spirit isn't crumpled or stunted. Instead I take the problem in stride. I say, "What can I learn from this? How can I grow into a better person?"

I am free to grow. A free spirit, soaring high into the sky. How beautifully the sun shines here. How fresh the air. How lovely the world.

— Lifeline, March 1980



## Inspiration

I see the wonders of the earth and the miracle of lives being changed through OA. Wherever I look, there I see God working.

— Lifeline,  
November  
1995



## A Call To Service

Muriel M. from Fayetteville, Tennessee USA, says, "Every group needs a treasurer, a leader, an intergroup rep, and a contact person to handle phone calls. Service is a very important Tool for climbing those Twelve Steps."

*How will you serve this week?*

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